

**Breastfed Infants 0 - 11 months**

- Breastfeeding is best for your baby's oral health.
- Clean your baby's gums and teeth after each feeding or at least twice a day and before bedtime.
- Use a moist cloth to wipe teeth or a small soft toothbrush once teeth are visible.
- Babies do not need fluoride toothpaste unless recommended by a dental provider or physician.
- Once the first tooth is visible take your baby off the breast after feeding.
- If your baby uses a pacifier, do not dip it in honey or sugar. Clean the pacifier with water only.
- Once your baby begins eating foods or liquids, pay special attention to cleaning their teeth.
- Between meals fill a training (sippy) cup with water only (no milk, formula, or juice). Avoid frequent or prolonged use of a sippy cup.



- Moms and caregivers can pass germs that may cause tooth decay to young children through saliva. Do not share cups and eating utensils, pre-chew food, or put a pacifier in your mouth before giving it to your baby.
- Lift your baby's lip regularly and look for white or brown spots on the front and back sides of the teeth near the gum line. See a dental provider if you notice any changes.
- Take your baby to a dental provider by age one or earlier if your baby has teeth.
- The dental provider or physician may recommend fluoride drops, fluoride varnish, or a smear of fluoride toothpaste for children younger than two at high risk for tooth decay.

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